



Better than Bullying!

The abi Transition Year Workshop

Anti-Bullying Institute CLG

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Dispelling Myths, Building Resilience & Empowering Choices
for Transition Year Students

Better than Bullying! is a comprehensive half-day workshop for transition year students.

The workshop reveals the **myths** that surround bullying behaviour, and gives students crystal clear pathways that guide them away from repeated aggression within their social groups.

Students learn what **empowerment** is and how to make prosocial choices that enhance their resilience, mental health, wellbeing and relationships.

Better than Bullying! is a stimulating mix of presentation, discussion and group work.

Workshop content includes

- Bullying behaviour in the school setting
- The roles we play within the bullying cycle
- The systemic effects of bullying behaviour
- Prosocial choices as a way of personal empowerment

The workshop is in compliance with Department of Education Anti-Bullying Guidelines 2013 and supports SPHE, CPSE and RSE syllabi.

For bookings please contact Monica Monahan at monica.monahan@abi.ie or call **087 2694369**

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